Heart Rate Monitor
User Manual

HRM *fit*

HEART RATE MONITOR

CHRONOGRAPH

CALORIE COUNTER

TIME/DATE/ALARM

CONTENTS

OVERVIEW
Functions and summary 4

KEYS AND FUNCTIONS 5

QUICK START
Wearing the Chest Belt 6
Zone Selection 7

TIME
Set Time 8

HEART RATE MONITOR
Getting Started 9
Data Display / Zone Range 10
User Settings 11
Heart Rate Intensity Chart 12

DATA
Overall Information of Performance 13

ALARM
Set Alarm 14

STOP WATCH MODE 15

BATTERY REQUIREMENT 16

TROUBLESHOOTING 17

CARE & MAINTENANCE 17

SPECIFICATIONS 18

OVERVIEW

Congratulations on your purchase of a highly reliable Heart Rate Monitor, it is a user-friendly fitness tool to keep track of your personal fitness level, To develop basic understands and gain maximum benefit from this Heart Rate Monitor, please read this user manual carefully.
We wish you an enjoyable workout with it.

Functions and Summary

Time	Adjust	Time	Date	Year	12/24 Hour Format	
Heart Rate Monitor	Exercise Time	Max Heart Rate %	Calorie	In Zone period	Highest Heart Rate	Current Time
	Adjust	Age	Gender	Heart Rate Zone Level	Upper HR Zone Limit	Lower HR Zone Limit
		Unit	Weight	Heart Rate Zone Alarm		
Data	Exercise Time	In Zone Period	Calories	Highest Heart Rate	Average Heart Rate	
Alarm	Alarm ON / OFF					

KEYS and FUNCTIONS

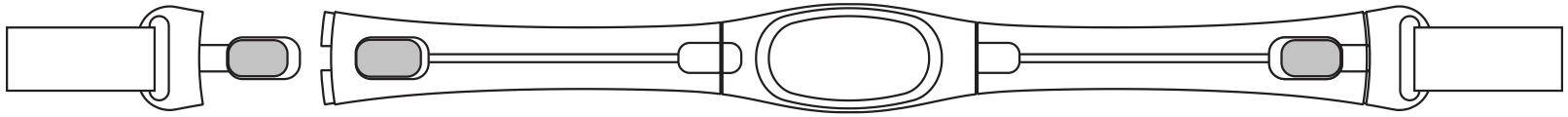
MODE
-Scrolls through various modes of the watch
-Advances to next variable in setting sequence

ADJUST/LIGHT
-Activates Light
-Enters the setting sequence for each setting mode
-Clears session data

START/STOP
-Increases variable in setting sequence
-Pauses time in HRM mode

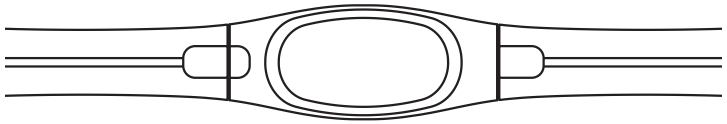
RESET
-Decreases variable in setting sequence
-Toggles through sub modes
-Toggles between pounds/kilograms
-Ends session

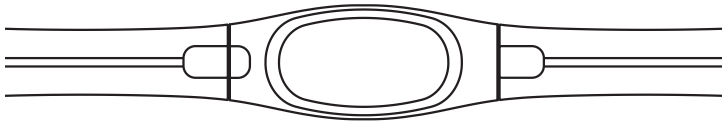
Follow steps **1**. through **4**. to wear the chest belt and go for a run.



1. Open the chest belt.

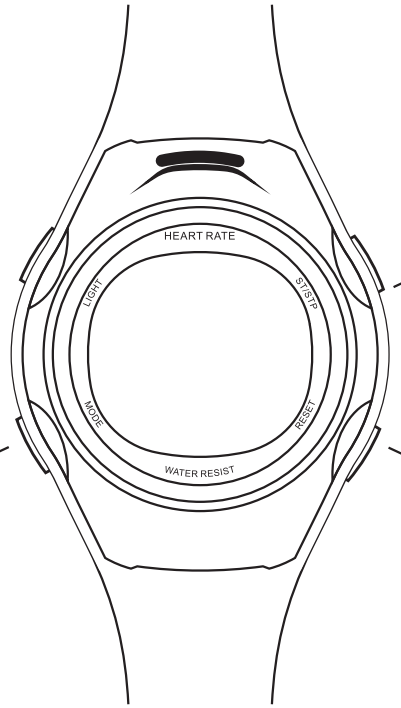
2. Insert the tab into the hole, make sure tab and hole are on the same level.





3. Position on rib cage under the chest. Make sure the chest belt is positioned in the right direction and worn directly against the skin.

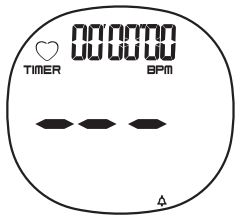
4. Lift the belt slightly from the skin and wet both grooved areas on the back to ensure strong connection between your pulse and the chest belt.



5.
Enter
HRM mode

6.
Choose
zone

7.
Start Run



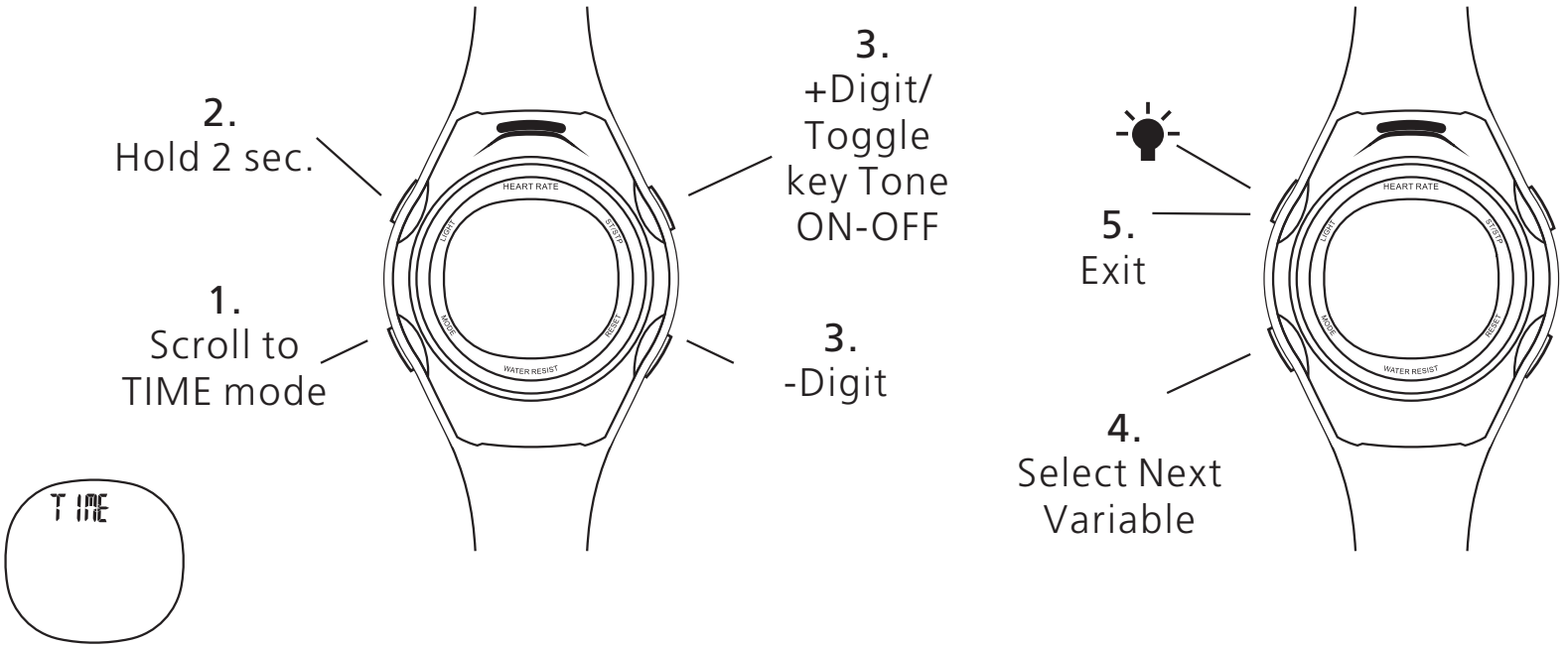
No Signal
Three dash lines will apear if the watch is not receiving transmission from the chest belt.

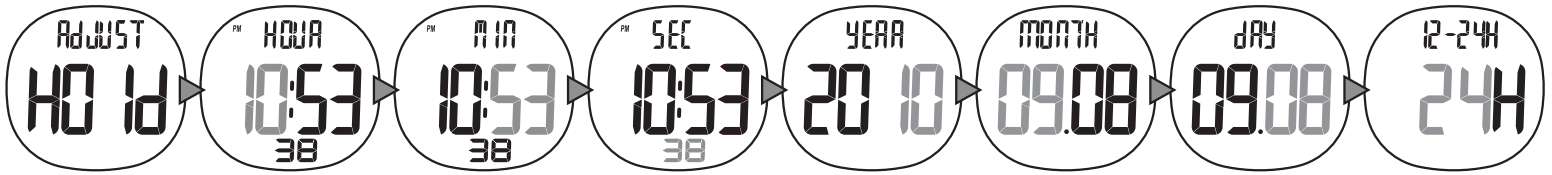
LEVEL 1
55 – 70%
Sustain a healthy heart and lose weight.

LEVEL 2
70 – 80%
Develop endurance and increase stamina.

LEVEL 3
80 – 100%
Sustain excellent fitness condition and increase muscle strength.

In TIME mode you can set the Time, Date, and Hour Format.
Follow steps 1. through 5. to set the time and date.





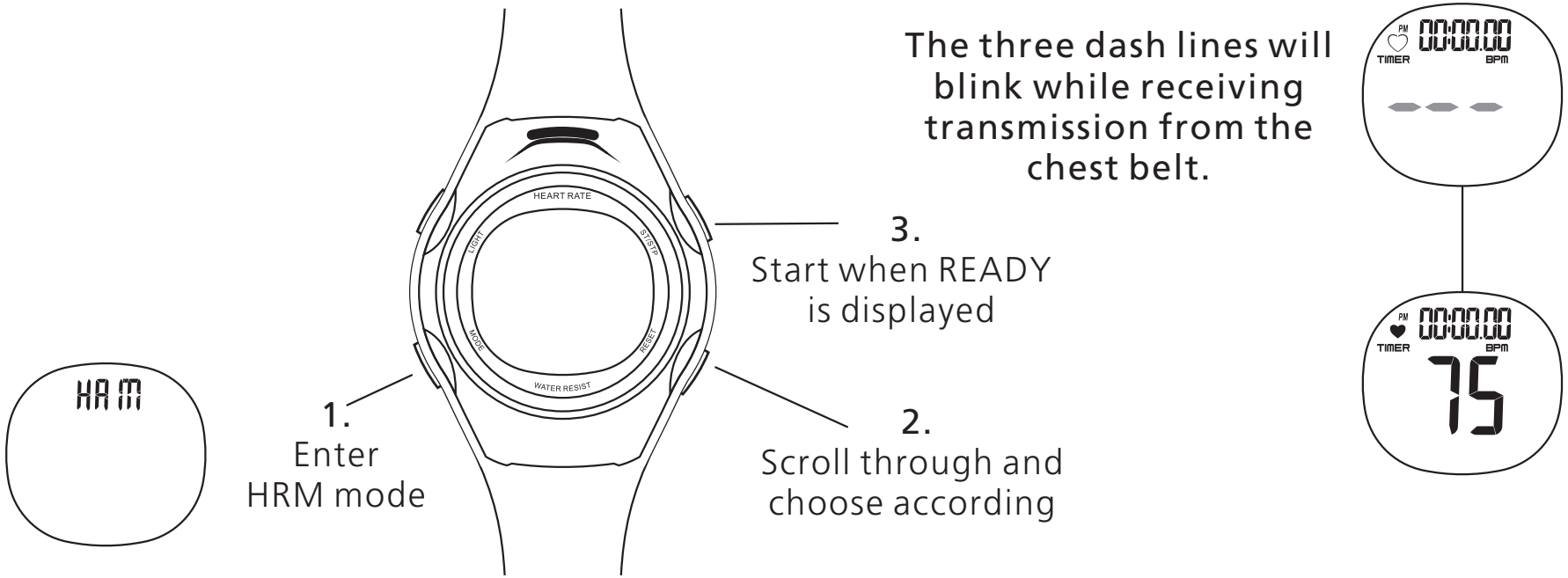
PRINCIPLE OF THE HEART RATE ZONE

It is important that you know your maximum heart rate, training zone, upper heart rate limit and lower heart rate limit before you begin. They help you achieve the maximum health benefits out of your workout. We recommend consulting a medical practitioner or registered physician before setting your personal training-schedule and target. Or you can set your own upper and lower limit using the following as a reference guide:

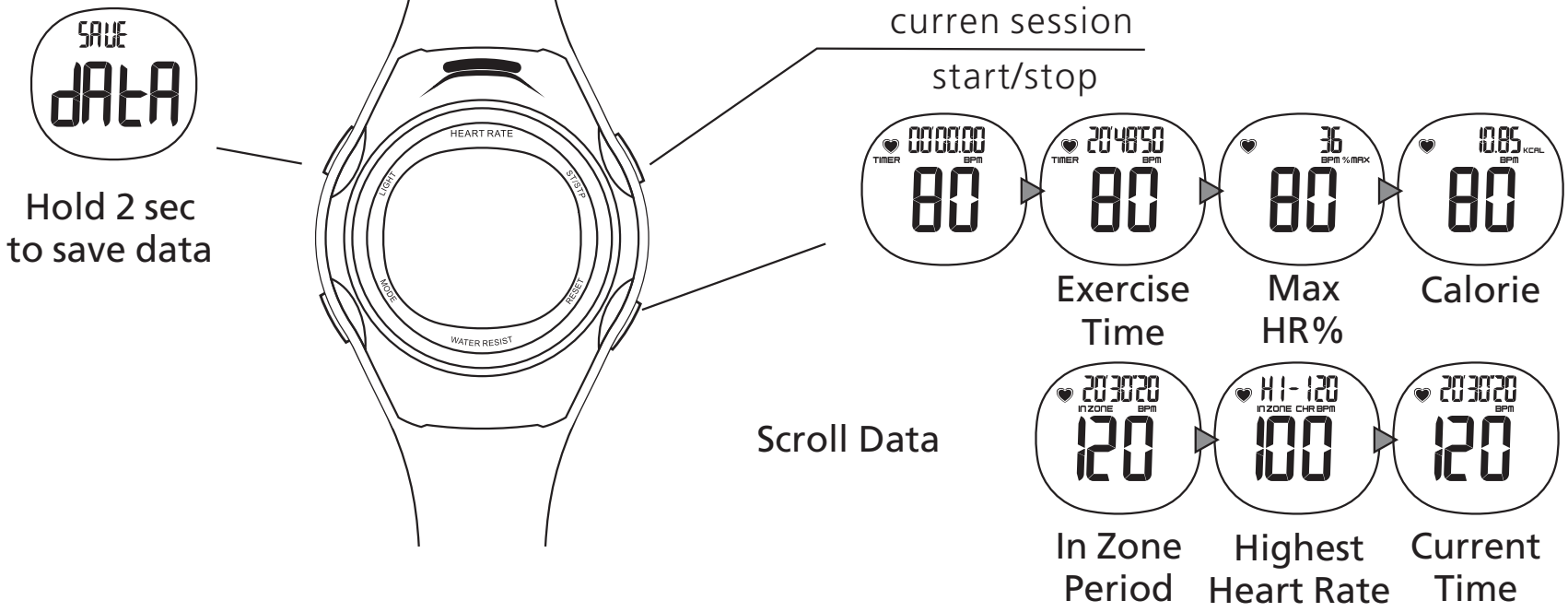
Calculation of Maximum Heart Rate: MALE= 220 – Age, FEMALE = 226 – Age

Getting Started

Follow steps **1.** through **3.** to get ready and start your run.



The exercise time is displayed under the heart rate by default. Press the START/STOP key to view other information.

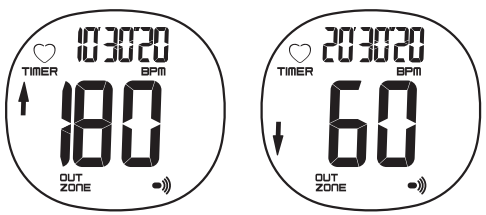


In-Zone

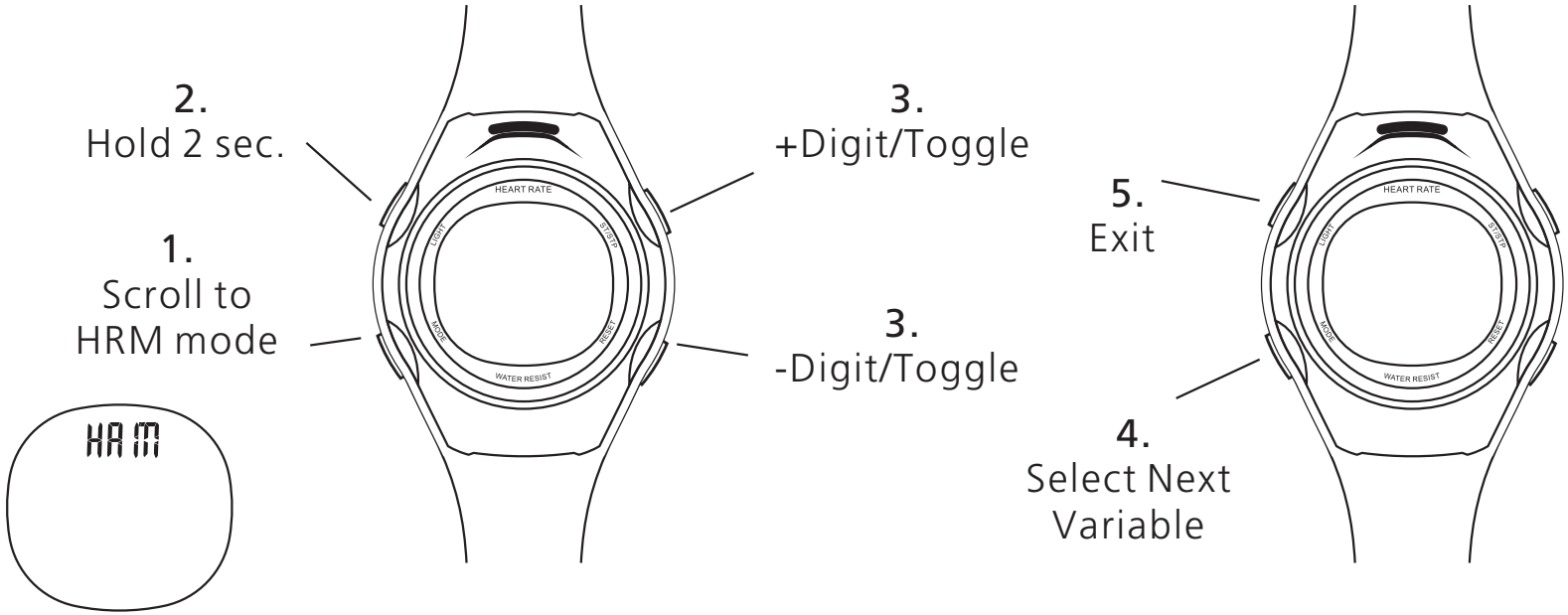
Your heart rate is with your zone range

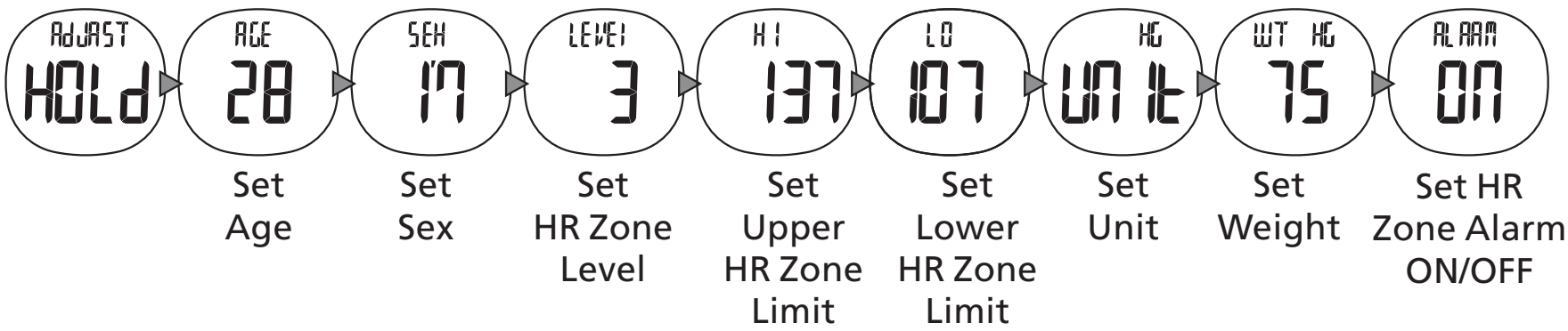
Qut-zone

If your heart rate is out of zone, the High or Low arrows will display and the digits will flash



Your heart rate is measured in beats per minute (bpm) and setting a heart rate zone allows you to work with an upper and lower heart rate limit. Follow steps **1.** through **5.** to adjust the User Settings.





HR SETTING HEART RATE INTENSITY CHART

This is an alternative to check your heart rate zones based on sex, age and weight. Starting with your Max Heart Rate (MHR), use the chart to calculate your zones depending on the intensity of your workout. Please note that this chart may not be suitable for everyone.

Max Heart Rate
Male=220-Age
Female=226-Age

Level 1(55-70%)
Sustain a healthy heart and lose weight

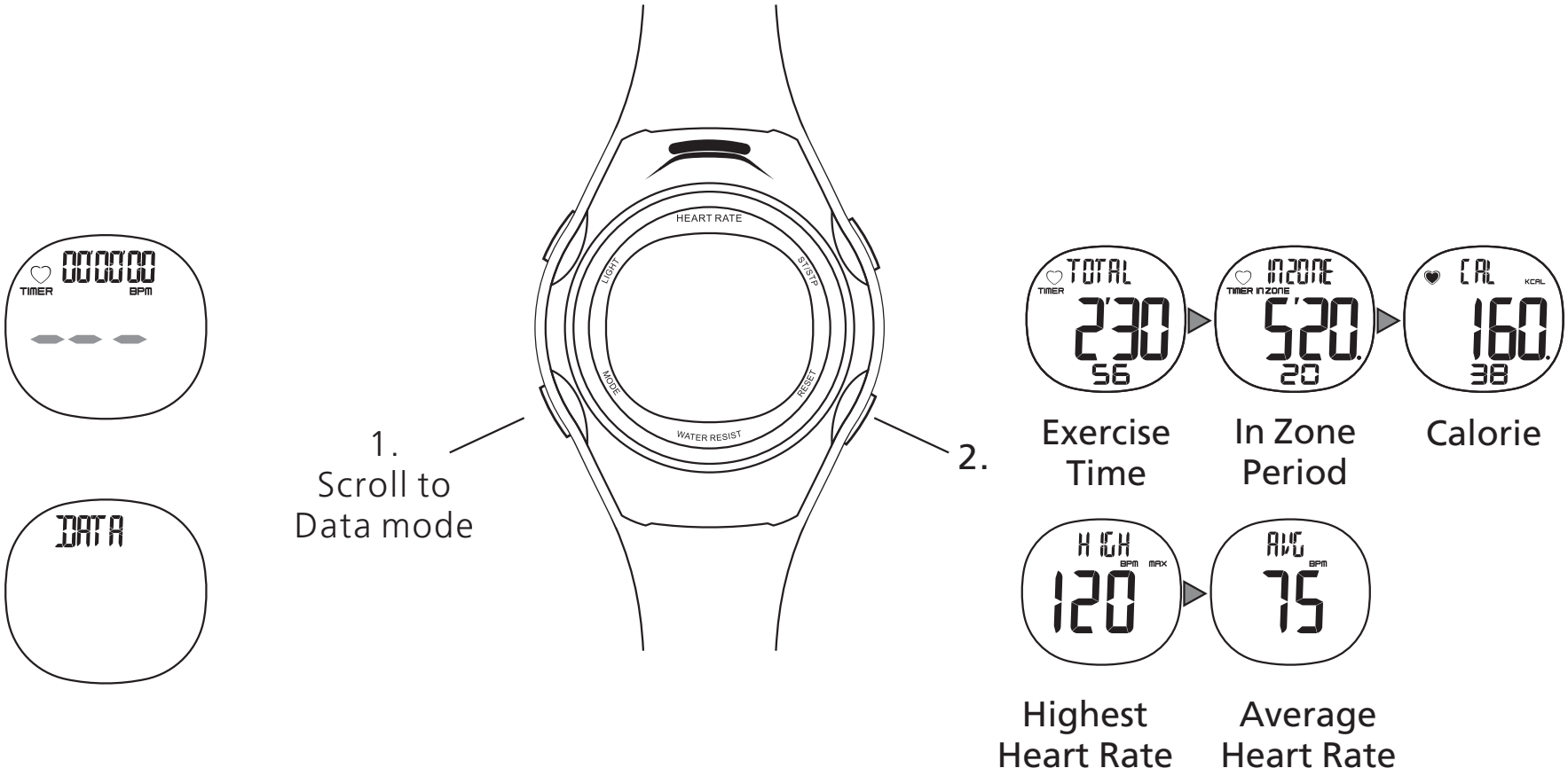
Level 2(70-80%)
Develop endurance and increase stamina

Level 2(80-100%)
Sustain excellent fitness condition and increase muscle strength

Age	Male	Female	Male		Female		Male		Female		Male		Female	
20	200	206	110	140	113	144	140	160	144	164	160	200	164	206
25	195	201	107	136	110	140	136	156	140	160	156	195	160	201
30	190	196	104	133	107	137	133	152	137	156	152	190	156	196
35	185	191	101	129	105	133	139	148	133	152	148	185	152	191
40	180	186	99	126	102	130	126	144	130	148	144	180	148	186
45	175	181	96	122	99	126	122	140	126	144	140	175	144	181
50	170	176	93	119	96	123	119	136	123	140	136	170	140	176
55	165	171	90	115	94	119	115	132	119	136	132	165	136	171
60	160	166	88	112	91	116	112	128	116	132	128	160	132	166
65	155	161	85	108	88	112	108	124	112	128	124	155	128	161
70	150	156	82	105	85	109	105	120	109	124	120	150	124	156
75	145	151	79	101	83	105	101	116	105	120	116	145	120	151

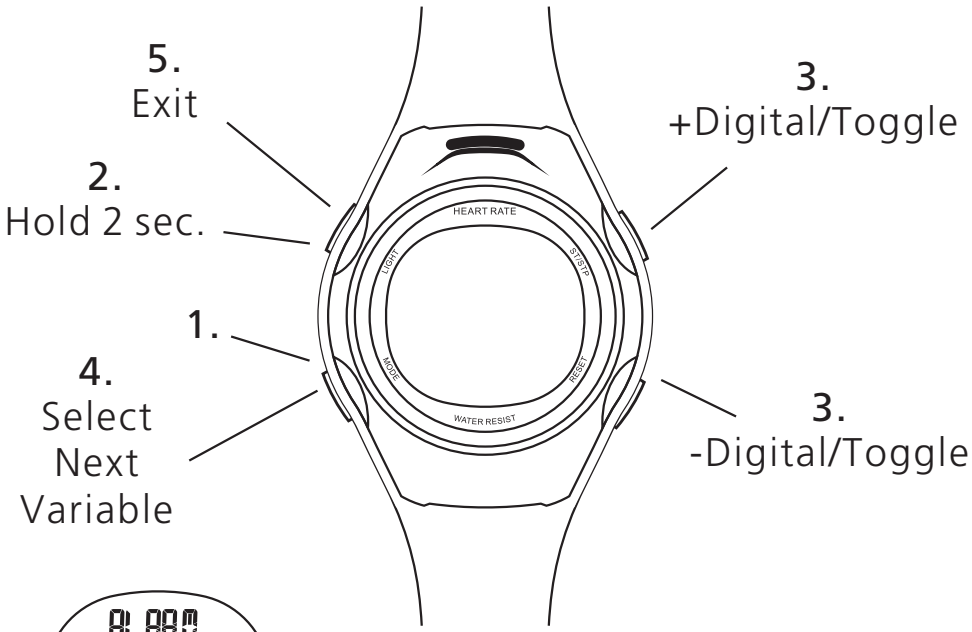
In DATA mode you can view your stored data from the last session.

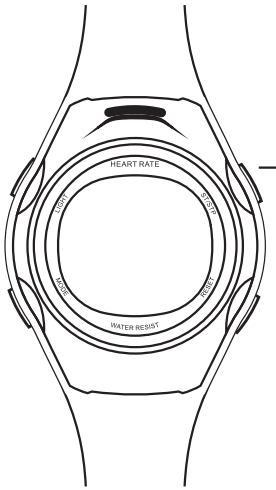
Follow steps **1.** through **2.** to manage your data. **Please note only one session worth of data can be stored.*



In ALARM mode you can toggle ON/OFF for the alarm and adjust the time.

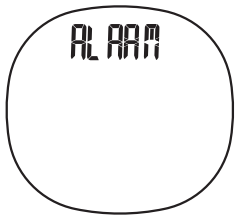
Follow steps **1.** through **5.** to adjust alarm settings.





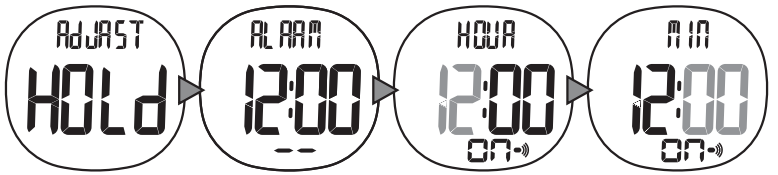
Turn Alarm ON/OFF

The alarm icon will show in any mode of the display when the alarm is turned ON.



Scroll to Alarm mode

*The settings will be automatically updated once the alarm time is adjusted.



Set Hour

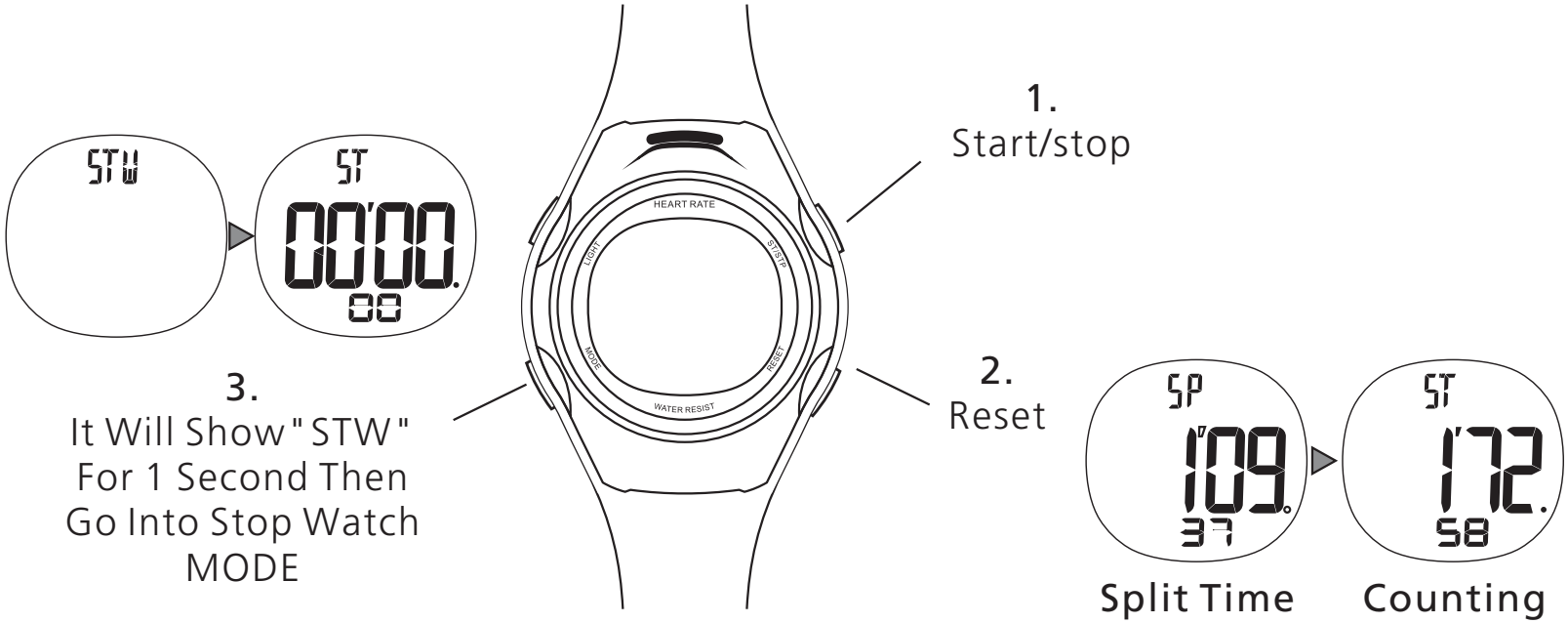
Set Minute

STOP WATCH MODE

Press **1** to start or stop counting

Press **2** when stop counting will clear to zero

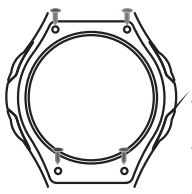
Press **2** button to check split time (SP time is shown as a fixed data, time counting is still in operation) or display instant counting time.



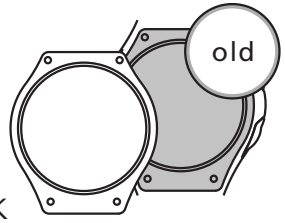
BATTERY REQUIREMENT

Warning: Keep watch batteries away from children, If swallowed, contact a doctor immediately.
Warning: Batteries contain chemical substances.
They should be disposed of properly according to local regulations.

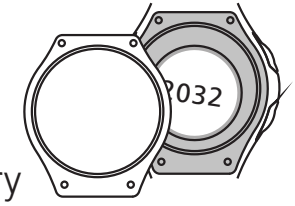
WATCH **Battery Type:** CR2032 Lithium
Battery Life: The battery is estimated to last 1 year depending on frequency and use of certain features.



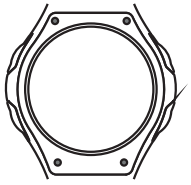
1. Unscrew all four corners to remove the caseback



2. Remove old battery



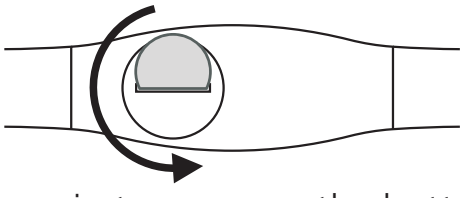
3. Insert a CR2032 lithium battery with the writing facing you



4. Replace the caseback

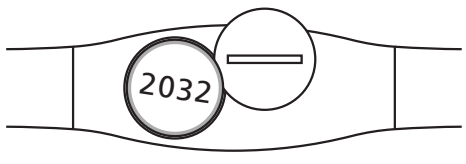
HR Chest Belt **Battery Type:** CR2032 Lithium
Battery Life: The battery is estimated to last 1 year if the chest belt is used one hour per day.

1.



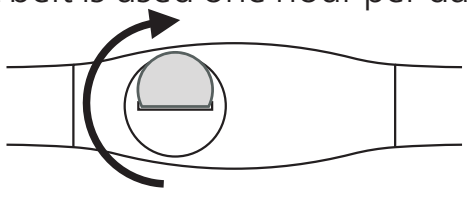
Use a coin to unscrew the battery hatch on the watch by turning counter clockwise

2.



Remove old battery and insert a CR2032 lithium battery with the writing facing you

3.



Replace the battery hatch

*Please make sure the O-ring (rubber ring surrounding battery) has not been removed from its place.

WE STRONGLY RECOMMEND TAKING YOUR WATCH TO A LOCAL RETAILER OR JEWELLER TO HAVE THE BATTERY REPLACED TO AVOID THE POSSIBILITY OF PERMANENTLY DAMAGING THE WATCH.

TROUBLESHOOTING

Heart rate doesn't display on watch
- The chest belt may not be positioned correctly.
- The grooved sensors may not be wet enough, wet and try again.
- It is recommended that the grooved sensors are directly on your skin.

Heart rate reading on watch is inconsistent or stops
- The battery may need to be replaced in the chest belt.
- Sources of electromagnetic fields can cause interference. (Appliances, computers, and power lines)

Watch beeps continuously
- If the zone alarm is on and your heart rate is not in any of the zone ranges, the watch will beep to indicate you are out of the zones.

Watch display may be frozen due to static electricity
- The display may be frozen due to static electricity or recent battery replacements, If this occurs, press on all 4 side buttons at the same time to reset to factory settings.

CARE & MAINTENANCE

Avoid extreme force, shock, dust temperature, or humidity. Such conditions may cause malfunctioning, a shorter electronic lift span, damaged batteries, or distorted parts.

Rinse the watch with fresh water to avoid materials building up that can interfere with the reception of the pulse.

Do not use abrasive or corrosive materials to clean the watch or chest belt. Abrasive cleaning agents may scratch the plastic parts and corrode the electronic circuit..

Avoid tampering the internal components of the watch. Doing so will terminate the sensors warranty and may cause damage.

WATCH

Water Resistance: The watch is water resistant under normal use up to 30 meters. Water damage will occur if the watch buttons are pressed while under water.

Operating Temperatures: -5 to 50 degree Celsius.

Material Specifications:
Crystal: Acrylic
Case: Acrylonitrile butadiene styrene (ABS)
Keys: Acrylonitrile butadiene styrene (ABS)
Polyurethane
Buckle: Stainless Steel
Bezel: Stainless Steel
Caseback: Stainless Steel
Strap: Polyurethane

Mode Limits: Heart Rate 30-240bpm

HR CHEST BELT

Water Resistance: The watch is water resistant under normal use up to 10 meters. Wipe dry after use.

Operating Temperatures: -5 to 50 degree Celsius.

Material Specifications:
Case: Acrylonitrile butadiene styrene (ABS)
Strap: Polyurethane
Band: Elastic